


# public swimming times

## Ystradgynlais Sports Centre

Accurate as of 02/05/2024

Times for Monday 30 November			
Time	Session	Facility	
6:30 am - 8:00 am	Nofio Lon / Lane Swim	swimming pool	
8:00 am - 9:00 am	Nofio Lon / Lane Swim	swimming pool	
3:45 pm - 6:15 pm	Gwersi Nofio Seren For / Starfish Swimming Lessons	swimming pool	
6:15 pm - 7:15 pm	Open Swim	swimming pool	
8:00 pm - 8:45 pm	Erobeg yn y D_r / Aqua Aerobics	swimming pool	